



annapolis

recreation & parks

Healthy Living Starts Here.

Summer Fitness Class Schedule held at PMRC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 - 7:15 am Express Cycling and Abs - Lisa Parrish	6:15 - 7:15 am Pilates - Lisa Parrish	9 - 10 am Turn Back the Clock - Kate Sanford	6:15 - 7:15 am Express Cycling and Abs - Lisa Parrish	9 - 10 am Gentle Cycling - Laurie Barlow	9 - 10 am Weekend Ride Cycling - Tom Donlin / Lisa O'Leary / Laurie
9 - 10 am Turn Back the Clock - Sherry Gutkowski	8:45 - 10 am Yoga for the Older Adult - Kate Sanford	10:15 - 11:15 am Barbell Strength - Laurie Barlow	8 - 9 am Zumba® (held at City Dock) - Leslie Davis	9:30 - 10:30 am Vinyasa Yoga Level 1-2 - Aimee Seal	9 - 10:15 am Yin Yang Yoga - Barbara Devitt
10:15 - 11:15 am Barbell Strength - Leslie Nichols	10:10 - 11:10 am Cardio Step & Sculpt - Leslie Nichols	10:15 - 11:15 am Power Yoga - Allyson Hughes	8 - 9:15 am Restorative Flow Yoga - Allyson Hughes	9:45 - 10:45 am Pilates - Lisa Parrish	10:30 - 11:30 am Cardio Dance Mix - Leandra Quiroz
12:30 - 1:30 pm Lunch Time Yoga - Aimee Seal	5 - 6 pm Cross Cardio Blast - Willie Baker	5:30 - 6:30 pm Cycling - Lisa O'Leary	9 - 10 am Total Fitness - Leslie Nichols	5 - 6 pm Cycling- Laura Drossner	
5 - 6 pm Yoga Fundamentals- Barbara Devitt	5:30 - 7 pm Total Body / Work Your Core - Linda Barrett	6:15 - 7:15 pm Cardio Dance Mix- Leandra Quiroz	10 - 11:15 am Gentle Yoga with Aimee Seal	5 - 6 pm Cross Cardio Blast- Willie Baker	
5:30 - 6:30 pm Cycling - Laura Drossner	6:30 - 7:30 pm Cycling - Laurie Barlow	6:30 - 7:30 pm Yogilates - Aimee Seal	6 - 7 pm HIIT - Suzanne Stringer		
6:15 - 7:30 pm Vinyasa Yoga Level 1 - Barbara Devitt	7 - 8 pm Yin Yang Yoga - Linda Barrett		6:30 - 7:30 pm Cycling - Lisa O'Leary		Kidz Zone Babysitting Hours: Mon - Thu 9 am - 12 pm and 6 - 9 pm Fri 9 am - noon Sat 10 am - 2 pm Hourly Rate \$3 + \$2
6:30 - 7:30 pm Zumba®- Michelle Sweeney Pack	NOTE : All fitness classes are held weekly, year-round. Fitness classes do not follow other ARPD program seasonal schedules.		7:30 - 8:30 pm Zumba® - LiAundra Calhoun		

Green shaded boxes indicate classes for Age 55+

Yellow shaded boxes indicate classes held in the Cycling Room behind the basketball court

updated 7/30/2014

CARDIO & STRENGTH

Aerobics Jacki Sorensen's fitness class combines stretching, flexibility, core work, weight training and aerobic exercise to upbeat and motivating music! Participate at your own level. Instructor: Mary Slidell

Barbell Strength & Conditioning This class uses simple, athletic movements such as squats, curls, lunges and presses. Shape, tone and strengthen your entire body! For all ages and fitness levels. Instructors: Leslie Nichols/Laurie Barlow

Cardio Dance Mix Cardio workout filled with fast and slow dance intervals and exciting dance moves! Modeled after the popular Zumba® fitness program, this class is sure to get you moving! Instructor: Leandra Quiroz

Cardio Step & Sculpt Total body workout. First a mix of floor and step aerobics, second, tone & sculpt with a free weight strength routine, then work on your core and stretch. Instructor: Leslie Nichols

Cross Cardio Blast If you want an exhilarating workout that exudes a positive experience, this circuit training class is for you! Dancing, dumbbells and intervals are used to combine strength, balance and cardio for one kick-butt workout! Instructor: Willie Baker

High Intensity Interval Training (HIIT) is an interval-based total body workout combining cardio bursts and strength training. Exercises are performed at a high intensity followed by a recovery period and then repeated. HIIT includes Tabata Training (high intensity interval training offering more benefits than traditional cardiovascular exercise) and is proven to improve endurance and build strength. Instructor: Suzanne Stringer

Total Fitness Improve your cardiovascular and muscular strength and endurance. This circuit training class alternates between strength training exercises and aerobic activities to give you two workouts in one. Cardio drills and muscle conditioning exercises provide a full-body workout with lots of variety and fun. Suitable for all levels of fitness. This boot camp style class will help you get stronger and fitter. Instructor: Leslie Nichols

Total Body Conditioning / Work Your Core Combination class to strengthen and work your entire body! Develop strength, endurance and muscle tone in all the major muscle groups of the upper and lower body, including abs. Instructor: Linda Barrett

Turn Back the Clock Age 55+ Exercise and strength training will help you look and feel younger and stay active longer. Exercises will help improve your strength, flexibility, posture, coordination and reduce the risk of falls. Strength training also helps alleviate symptoms of chronic conditions such as arthritis. Instructors: Sherry Gutkowski / Kate Sanford

Zumba®/Happy Hour Zumba® This popular type of workout combines high energy and motivating music with unique moves and combinations that allow participants to dance away their workout! Zumba® is based on the principle that a workout should be fun and easy in order for participants to stick to a fitness program to achieve long-term health benefits. Zumba® is not only great for the body, but it is also great for the mind – it's a "feel happy" workout! Instructors: Michelle Sweeney Pack / LiAundra Calhoun / Linda Davis

CYCLE

Cycle / Happy Hour Cycle Cycle through hill climbs, sprints, chases, and many other exciting drills for a great cardio workout! Variety offers something for everyone and will challenge you like no other. Please bring a small towel to class. Instructors: Laurie Barlow (Tue), Lisa O'Leary (Wed/Thu), Laura Drossner (Mon/Fri)

Express Cycling and Abs Wake up and get moving with hill climbs, jumps, and interval tracks during this energizing cardio-fun. Please bring a small towel to class. Instructors: Lisa Parrish (Mon) / Deb Dudas (Thu)

Gentle Cycle This Class is geared for beginners of all ages. Learn proper bike form and technique along with a warm-up and a gentle ride. The second part of the class will be using resistance bands with a variety of exercises for a full body workout. Instructor: Laurie Barlow

Weekend Ride Cycle Burn more than 500 calories! Learn proper biking form and technique. Includes warm-up, cool-down and stretching. Bring a small towel to class. Instructors: Tom Donlin/Lisa O'Leary/Laurie Barlow

YOGA, PILATES & OLDER ADULT

Gentle Yoga Age 55+ Develop and maintain better balance with easy-to-learn positions, movements and breathing techniques. Movements help build bone density for osteoporosis prevention. Instructor: Aimee Seal

Evening Yin Yang Yoga Combines a variety of vinyasa flow (yang) sequences with yin yoga, a style of long-held passive poses that open the body to more flexibility and energy flow. This class is designed to help you unwind, relax and prepare your body for a restful, rejuvenating night of sleep. Instructor: Linda Barrett

Lunch Time Yoga Take a brake from your mundane Monday! This yoga class is geared to enhance your mind, body and soul in the middle of the day. All levels welcome! Instructor Aimee Seal

Pilates – Mat Engage the mind and condition the body while you strengthen the core, lower back muscles, abs, and glutes. Instructor: Lisa Parrish

Power Yoga/Happy Hour Yoga This power yoga class offers breath work, balance, strengthening and stretching of muscles targeted in everyday living while introducing the concepts of yogic philosophy. The basic postures are expanded to include more difficult variations with modifications for less experienced practitioners. Instructor: Allyson Hughes

Restorative Flow Yoga differs from traditional yoga poses in that participants will go from one relaxing posture to the next. Props are used to support the body and hold poses longer, although there is no stopping to gather props, situate oneself in a pose or to have the help of another person to position you in a pose – one pose flows seamlessly into the next in a relaxing continuum. Restorative yoga is relaxing and ideal for those wanting to deeply relax, de-stress and develop awareness of subtle energy and prana. Instructor: Allyson Hughes

Vinyasa Yoga Level 1 Classic yoga poses will stretch and strengthen, relax and rejuvenate, and improve flexibility. Includes breath work and meditation techniques. A moderate paced class for beginners and continuing students. Instructor: Barbara Devitt

Vinyasa Yoga Level 1-2 Hold yoga poses with series of strength building and flexibility. Mind, body and spirit will be encouraged and challenged. This is a mixed level class. Instructor: Aimee Seal

Yin Yang Yoga A moderate-paced class: mixed levels with modifications offered. A dynamic vinyasa flow sequence to stretch, strengthen and invigorate; a more meditative (yin) portion to stimulate energy flow in the deeper tissues and improve flexibility and joint health. Includes breath work and meditation techniques. A fully balanced yoga practice. Instructors: Linda Barrett

Yoga for the Older Adult Age 55+ Continued yoga practice can help alleviate or reduce many health challenges we face as we age. Poses will be modified to accommodate each participant's fitness level, health conditions and other concerns. Instructor: Kate Sanford

Yoga Fundamentals An introductory level class: practice all the key elements of yoga. Learn the fundamental poses and basic sun salute sequence. Stretch, strength, alignment, breathing, and meditation techniques. Great for stress relief and relaxation. Instructor: Barbara Devitt

Yogilates/Pilates Class for new and experienced students. Increase strength and flexibility through poses and movement. Develop mental balance and focus through breathing and meditation. Please bring your own yoga mat. Instructor: Aimee Seal

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